

I claim:

1. An acupressure device comprising:
 - a supporting member (1), having an inner side (2); and
 - a metal member (3) attaching to the inner side (2) of said supporting member (1),

5 wherein said metal member (3) is positioned at Baihui (D20) acupoint (11) of a human located at top of a human head;
wherein when said supporting member (1) presses said metal member (3) against said Baihui (D20) acupoint (11) of said human head, a tension is generated toward said Baihui (D20) acupoint (11) to send a signal that calms and soothes said human.

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2. The acupressure device according to claim 1, wherein said metal member (3) is an electrically conductive metal.

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3. The acupressure device according to claim 2, wherein said electrically conductive metal is at least one selected from the group consisting of gold, silver, platinum, copper, iron, stainless steel, nickel, aluminum, tin, and titanium.

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4. The acupressure device according to claim 1, wherein said metal member (3) is in the form of a bead, a rounded mass, a nubbin, a disk, a nipple, a nodule, a lump, a knob, a projection, a seed, a bump, a dome, or any combination thereof.

5. The acupressure device according to claim 1, wherein said supporting member
(1) is made of at least one selected from the group consisting of cotton, Dacron, polyester, nylon, SPANDEX fabric, plastic, rubber, leather, and metal.

5 6. The acupressure device according to claim 5, wherein said supporting member
(1) is in the form of a headband.

7. The acupressure device according to claim 5, wherein said supporting member
(1) is in the form of a cap.

10 8. The acupressure device according to claim 7, wherein said supporting member
(1) is a strip; wherein said strip has two opposite ends (4, 4') at a longitudinal side of said strip; said two opposite ends (4, 4') being able to be directly fastened together or fastened together through a pair of fasteners (5, 5').

15 9. The acupressure device according to claim 8, wherein said fasteners (5, 5') are selected from the group consisting of hooks, pull-tabs, buckles, snap-hooks, adjuster bars, slides, cord locks, zipper pulls, modular buckles and VELCROs; and wherein said fasteners are capable of being adjusted to tightness so as to exert pressure on said Baihui (D20) 20 acupoint (11) on said human head.

10. A method for treating a human with insomnia comprising:

applying said acupressure device according to claim 1 to said human; wherein said metal member of said acupressure device is positioned at said Baihui acupoint (11) of said human head; whereby by tightening said acupressure device, said metal member exerts pressure to said Baihui (D20) acupoint (11).

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11. A method for relieving stress/tension from a human comprising:
applying said acupressure device according to claim 1 to said human; wherein said metal member (3) of said acupressure device is positioned at said Baihui (D20) acupoint (11) of said human head; whereby by tightening said acupressure device, said metal member exerts pressure to said Baihui (D20) acupoint (11).
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12. A method for reducing anxiety/depression from a human comprising;
applying said acupressure device according to claim 1 to said human; wherein said metal member (3) of said acupressure device is positioned at said Baihui (D20) acupoint (11) of said human head; whereby by tightening said acupressure device, said metal member exert pressure to said Baihui (D20) acupoint (11).
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13. An acupressure device comprising:
a supporting member (1), having an inner side (2); and
20 a plurality of metal members (3') attaching to said inner side of said supporting member,
wherein said plurality of said metal members (3') are positioned at a plurality of acupoints in a first treatment zone (201) at top of a human head; wherein said first treatment

zone includes a rectangular area extending from midpoints (70, 70') of two upper eyelids to two Chengling (Gb18) acupoints (34, 34') of said human head; one of said plurality of said acupoints being Baihui (D20) acupoint (11) of said head;

5 wherein when said supporting member (1) presses said plurality of said metal members (3') against said Baihui (D20) acupoint (11) of said first treatment zone (201) on said human head, a tension is generated toward said first treatment zone to send a signal that calms and soothes said human.

14. The acupressure device according to claim 13, wherein said plurality of said metal members (3') further positioned at at least one acupoint which is selected from the group consisting of Yingtang acupoint (80), Shenting (D24) acupoint (15), Shangxing (D23) acupoint (14), Xinhui (D22) acupoint (13), Qianding (D21) acupoint (12), Houding (D19) acupoint (10), Zanzhu (Bl2) acupoints (20, 20'), Meichong (Bl3) acupoints (21, 21'), Quchai (Bl4) acupoints (22, 22'), Wuchu (Bl5) points (23, 23'), Chengguang (Bl6) acupoints (24, 24'), 15 Tongtian (Bl7) acupoints (25, 25'), Luoque (Bl8) acupoints (26, 26'), Yangbai (Gb14) acupoints (30, 30'), Head-Lingqi (Gb15) acupoints (31, 31'), Muchuang (Gb16) acupoints (32, 32'), Zhengying(Gb17) acupoints (33, 33'), and Chengling (Gb18) acupoints (34, 34') of said head.

20 15. A method for treating insomnia in a human comprising:
 applying said acupressure device according to claim 13 to said human; wherein said plurality of said metal members (3') of said acupressure device is positioned at said plurality of said acupoints in said first treatment zone (201) of said human head; whereby by

tightening said acupressure device, said plurality of said metal members (3') exert pressure to said plurality of acupoints at said first treatment zone (201).

16. An acupressure device comprising:

5 a supporting member (1), having an inner side (2); and
a plurality of metal members (3") attaching to said inner side of said supporting member (1);

wherein said plurality of said metal members (3") are positioned at a plurality of acupoints at a second treatment zone (202) at top of a human head; wherein said second 10 treatment zone (202) includes a rectangular area extending from two Yangbai (Gb14) acupoints (30, 30') to two Chengling (Gb18) acupoints (34, 34') of said head; one of said plurality of said acupoints being Baihui (D20) acupoint (11);

wherein when said supporting member (1) presses said plurality of said metal member (3") against said plurality of said acupoints at said second treatment zone (202) of 15 said human head, a tension is generated toward said plurality of said acupoints at said second treatment zone (202) to send a signal that calms and soothes said human.

17. The acupressure device according to claim 16, wherein said plurality of said multiple metal members (3") are further positioned at at least one acupoint which is selected 20 from the group consisting of Shangxing (D23) acupoint (14), Xinhui (D22) acupoint (13), Qianding (D21) acupoint (12), Wuchu (Bl5) acupoints (23, 23'), Chengguang (Bl6)acupoints (24, 24'), Head-Lingqi (Gb15) acupoints (31, 31'), and Muchuang (Gb16) acupoints (32, 32') of said human head.

18. A method for treating insomnia in a human comprising:
applying said acupressure device according to claim 15 to said human; wherein said plurality of said metal member (3") of said acupressure device is positioned at at least one of 5 said acupoints at said second treatment zone (202) of said human head; whereby by tightening said acupressure device, said plurality of said metal members exert pressure to said second treatment zone (202).

19. An acupressure device comprising:
10 a supporting member (1), having an inner side (2); and
a plurality of metal members (3") attaching to said inner side (2) of said supporting member (1);
wherein said plurality of said metal members (3") are positioned at a plurality of acupoints at a third treatment zone (203) at top of a human head; wherein said third 15 treatment zone (203) is a rectangular area which is about 1 inch wide between Shenting (D24) acupoint (15) and Houding (D19) acupoint (10) of Du meridian (101); one of said plurality of said acupoints being Baihui (D20) acupoint (11);
wherein when said supporting member (1) presses said plurality of said metal member (3") against said third treatment zone (203) of said human head, a tension is 20 generated toward said plurality of said acupoints at said third treatment zone (203) to send a signal that calms and soothes said human.

20. A method for treating insomnia in human comprising:

applying said acupressure device according to claim 19 to said human; wherein said plurality of said metal members (3'') of said acupressure device is positioned at at least one of said acupoints at said third treatment zone (203) of said human head; whereby by tightening said acupressure device, said plurality of said metal members (3'') exert pressure to said plurality of acupoints at said third treatment zone (203).